

Self-Care Check-in

The self-care check-in allows you to evaluate yourself based on how frequently and effectively you're taking care of yourself presently. Complete the below and review to understand where improvements to your self-care routine can be made

**VERY
DISATISFIED**

**VERY
SATISFIED**

←—————→
How happy are you with your life at this current time?

1	2	3	4	5	6	7	8	9	10
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How happy are you with your career path?

1	2	3	4	5	6	7	8	9	10
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How happy are you with your fitness levels?

1	2	3	4	5	6	7	8	9	10
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How happy are you with your friendship group and their support?

1	2	3	4	5	6	7	8	9	10
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How happy are you with you current motivation levels?

1	2	3	4	5	6	7	8	9	10
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How happy are you with your financial situation?

1	2	3	4	5	6	7	8	9	10
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How happy are you with your love life?

1	2	3	4	5	6	7	8	9	10
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How happy are you with the direction your life is taking?

1	2	3	4	5	6	7	8	9	10
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How happy are you with your own self?

1	2	3	4	5	6	7	8	9	10
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